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Physical Requirements Specifications  
for the Class:

CAFETERIA HELPER

Applicants must be physically able to perform, efficiently and effectively, the essential duties of the position.

A. Physical Profile Requirements:

Job analysis of positions in the class has resulted in the identification and establishment of the following requirements, and identified the following typical tasks.

Nature of Ability	Required Level	Typical Tasks
Near Vision	4.0	Reads daily menus and recipes
Far Vision	3.8	Checks food for impurities
Visual Color Discrimination	3.0	Observes food
Hearing	4.1	Listens for sounds of oven buzzer
Finger Dexterity	4.1	Prepares fruits and vegetables
Manual Dexterity	4.4	Prepares food
Arm Hand Steadiness	4.2	Cuts food; serves equal portions of food
Speed of Limb Movement	4.7	Serves lunch; uses slicer
Extent Flexibility	3.9	Cleans
Dynamic Flexibility	4.1	Sweeps and mops
Gross Body Coordination	4.3	Serves food; prepares sandwiches
Trunk Strength	4.8	Carries food; carries pots and pans
Static Strength	4.5	Carries food; carries pots and pans
Explosive Strength	3.9	Lifts food; lifts pots and pans
Dynamic Strength	4.5	Serves lunch
Gross Body Equilibrium	4.0	Serves food; carries trays
Mobility	4.4	Sweeps and mops
Stamina	4.1	Scrubs pots and pans
Effort	4.6	Lifts food; lifts pots and pans

B. General Conditions

Failure to meet the physical requirements cited above or inability to tolerate the specified working conditions or any other condition which would cause applicants to be a hazard to themselves or others is cause for disqualification.

However, handicaps in any areas will not result in disqualification unless the requirements cited above are not met. Applicants who demonstrate that they are capable of performing the essential functions of the position with reasonable accommodation will not be disqualified under this standard.

Any disqualification under this section will be made only after a review of all pertinent information including the results of the medical examination, and requires the approval of the Director.

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This is the first physical requirements specification for the class Cafeteria Helper.

Effective Date: 6/30/84

DATE APPROVED: 6/27/84

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JAMES H. TAKUSHI  
Director of Personnel Services